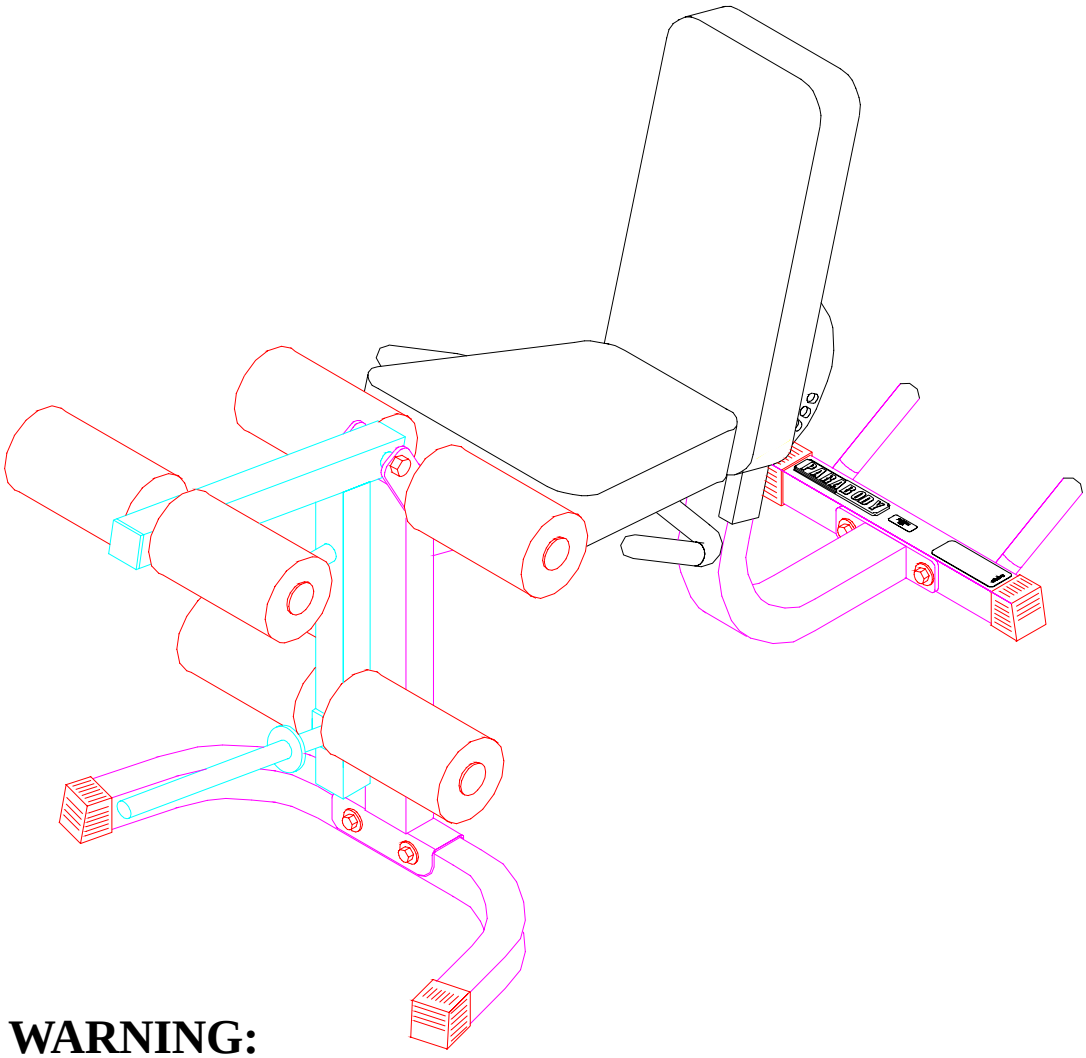
829 LEG CURL/EXTENSION



WARNING:

Read and follow all directions for each step to insure proper assembly of this product.

USER'S GUIDE

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Insert-Registration Card

IMPORTANT SAFETY INFORMATION

THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK FOLLOW THESE RULES**!**

1. Before using, read all the warnings and instructions on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.

2. Obtain a medical exam before beginning any exercise program.

3. Keep body and clothing free of all moving objects.

4. Inspect the machine before use. **DO NOT** use it if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.

5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, call your authorized ParaBody dealer.

6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer.

7. Inspect cables and their connections before using machine. Pay particular attention to the cable ends. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.

8. Make sure all spring loaded pull pins are fully engaged in the adjustment position and fully tighten thumbscrew before use.

9. Children must not be allowed near this machine. Supervise teenagers.

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NOTE: In a continual effort to improve our products, specifications are subject to change

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www.parabody.com

IMPORTANT NOTES

Please note:

* Thank you for purchasing the ParaBody 829 LEG CURL/EXTENSION. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.

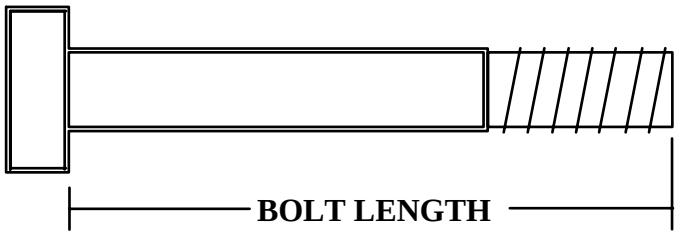
* This product must be assembled on a flat, level surface to assure its proper function. DO NOT securely tighten any frame connections until the entire frame has been assembled, unless otherwise stated.

Tools Required for Assembly

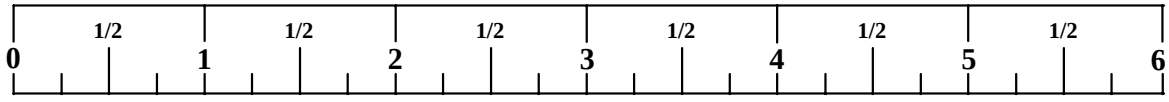
* 3/4” wrench
* 9/16” wrench
* Ratchet with 3/4” and 9/16” sockets
* Adjustable wrench
* Tape measure

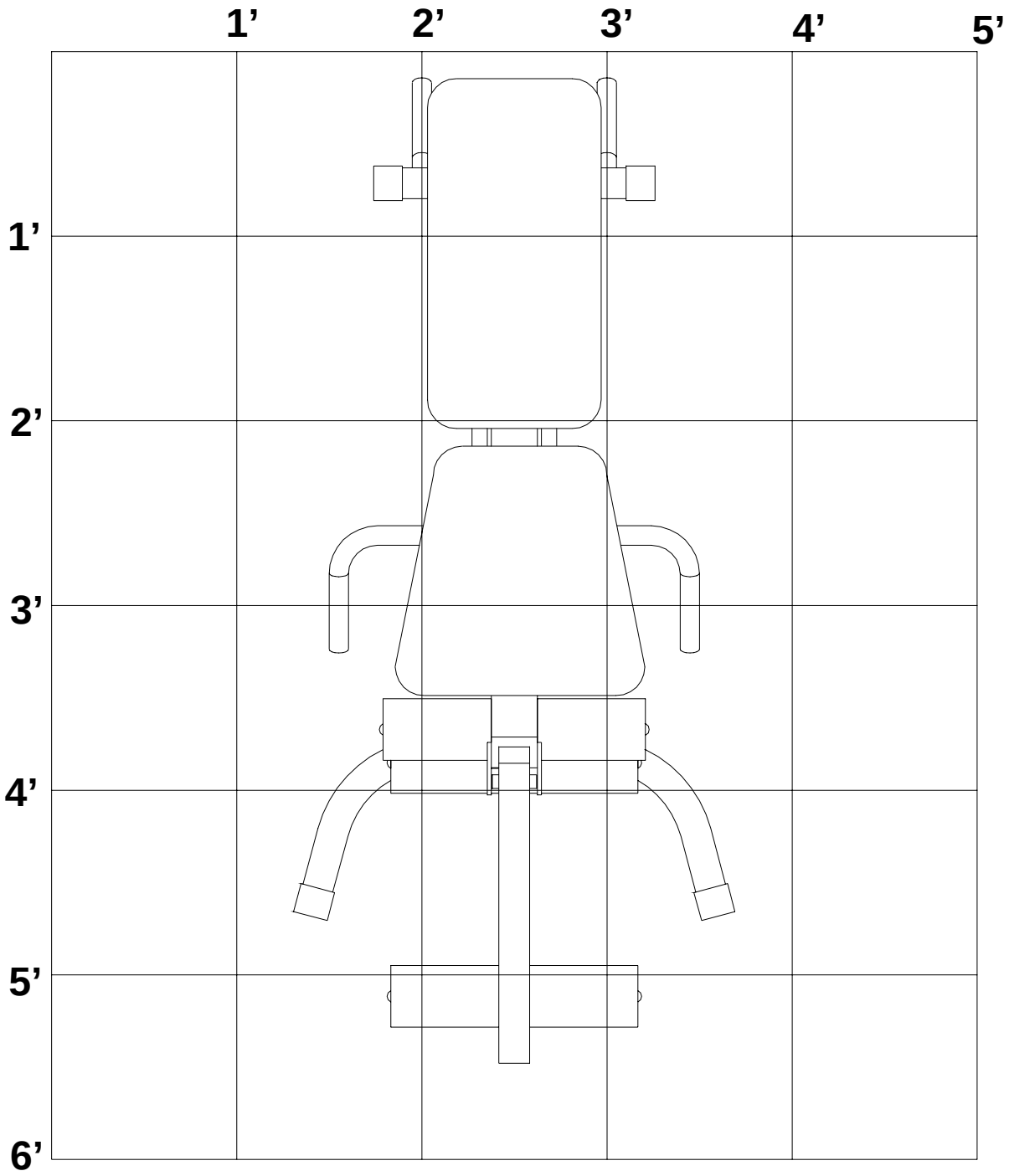
Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



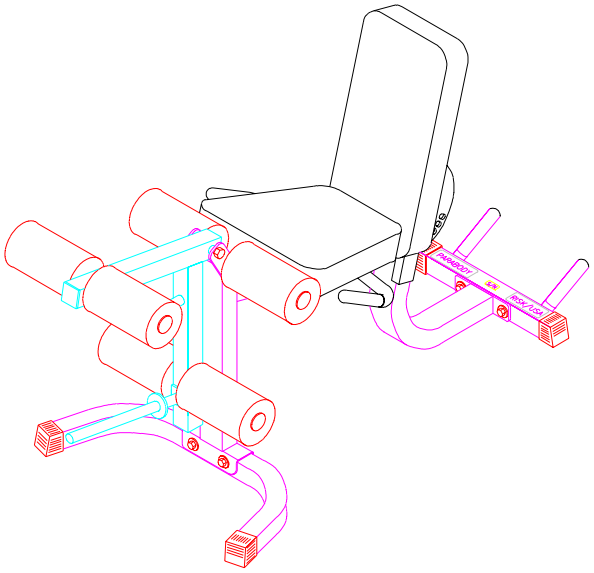


1 Square = 1’ X 1’

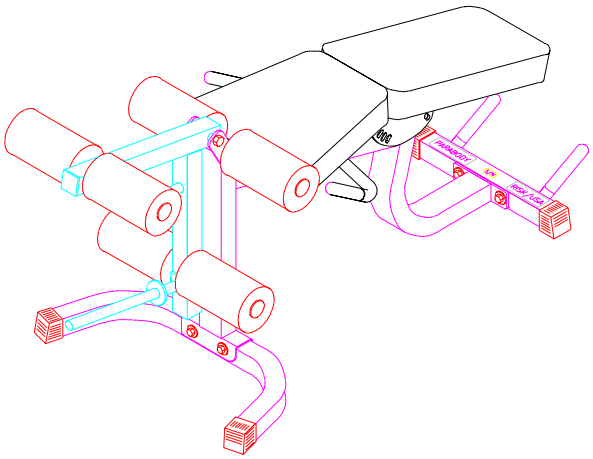
PARTS LIST

KEY	PART #	DESCRIPTION	QTY		KEY	PART #	DESCRIPTION	QTY
1	6259108	FRONT SUPPORT TUBE	1		20	3102904	3/8 X 3" BOLT	8
2	6625402	BACK PAD ADJUST TUBE	1		21	3102906	3/8 X 4" BOLT	2
3	6625502	BACK PAD SUPPORT TUBE	1		22	3102917	1/2 X 4" BOLT	1
4	6216702	1-3/4 SQ X 5" TUBE	1		23	3202102	1/2 X 7" BOLT	1
5	6668202	1-3/4 SQ X 13-1/2" TUBE	1		24	3102501	3/8" FLAT WASHER	20
6	6662002	LEG CURL/EXTENSION	1		25	3102802	3/8" NYLOCK NUT	4
7	6661221	BACK PAD ASSY	1		26	3102804	1/2" LOW HT. NYLOCK NUT	2
8	6661621	SEAT PAD ASSY	1		27	3102807	3/8" LOW HT. NYLOCK NUT	2
9	6662208	LEG EXT HANDLE RHT	1		28	6405201	2" SQ END CAP	3
10	6662308	LEG EXT HANDLE LFT	1		29	6692601	3 X 2" END CAP	2
11	6668508	LEG FRAME	1		30	3102416	2 X 1" END CAP	4
12	6668808	REAR BASE LEG	1		31	6406401	HINGE TAB	2
13	6125101	3/4 X 16" TUBE	2		32	3104301	3/4" SQ RUBBER BUMPER	1
14	6549301	3/4 X 17" TUBE	1		33	6416601	1-1/2 X 3/4" GLIDE (QTY 8)	2
15	6194601	4 X 7" ROLLER PAD	6		34	6020601	1/2" FLANGE BEARING	2
16	6628302	1/8 X 2 X 8" PLATE	1		35	3105401	STARLOCK COLLAR	6
17	6412001	3/8” DIA SPRING PIN	2		36	3103101	1-1/4 X 5" GRIP	4
18	6466901	1/2" DIA SPRING PIN	1		37	6467001	PARABODY LOGO END CAP	4
19	3102909	3/8 X 1" BOLT	4					

LEG EXTENSION



LEG CURL



STEP 1: Insert four PARABODY LOGO END CAPS (37) into the ends of REAR BASE LEG (12) and FRONT BASE SUPPORT (1). See FIGURE 1.

STEP 2: Slide two 1-1/4 x 5" GRIPS (36) over tubes on REAR BASE LEG (12). See FIGURE 1.

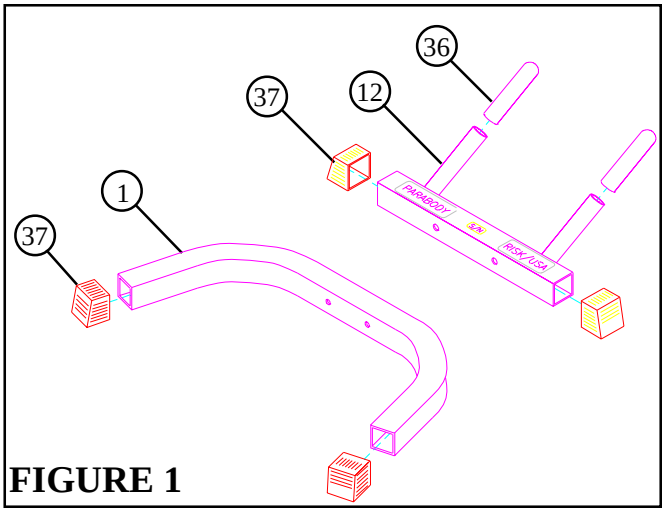


FIGURE 1

STEP 3: Securely assemble REAR BASE LEG (12) to LEG FRAME (11) using two 3/8 X 3" BOLTS (20), four 3/8" FLAT WASHERS (24), and two 3/8" NYLOCK NUTS (25). See FIGURE 2.

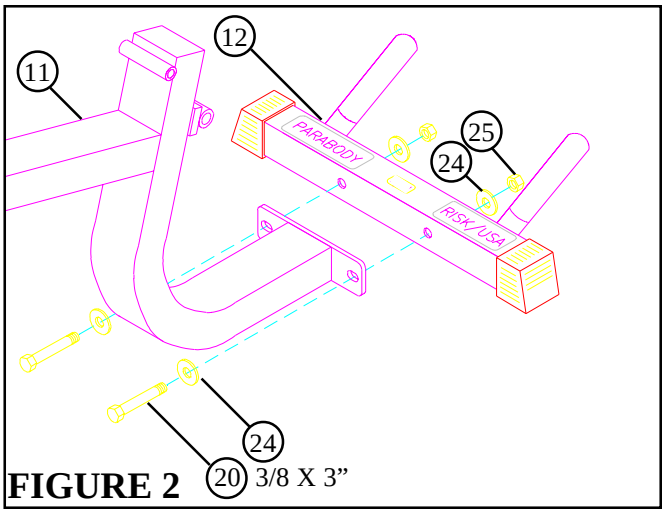


FIGURE 2

STEP 4: Securely assemble FRONT BASE SUPPORT (1) to LEG FRAME (11) using two 3/8 X 3" BOLTS (20), four 3/8" FLAT WASHERS (24), and two 3/8" NYLOCK NUTS (25). See FIGURE 3.

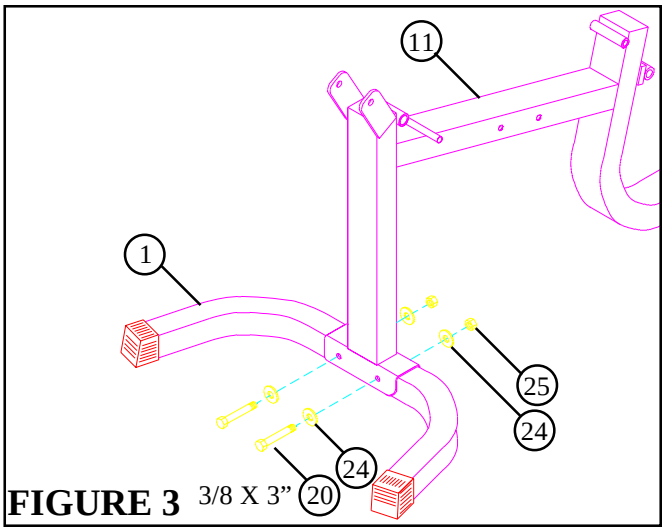


FIGURE 3

STEP 5: Slide two 1-1/4 X 5" GRIPS (36) over RIGHT LEG EXT HANDLE (9) & LEFT LEG EXT HANDLE (10). See FIGURE 4.

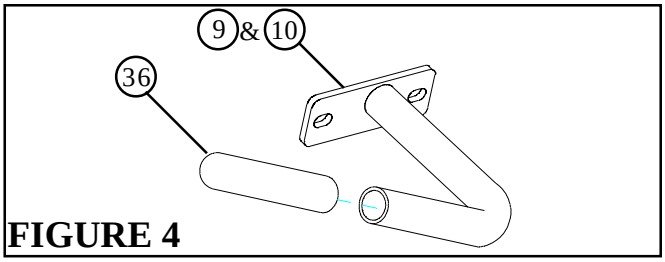
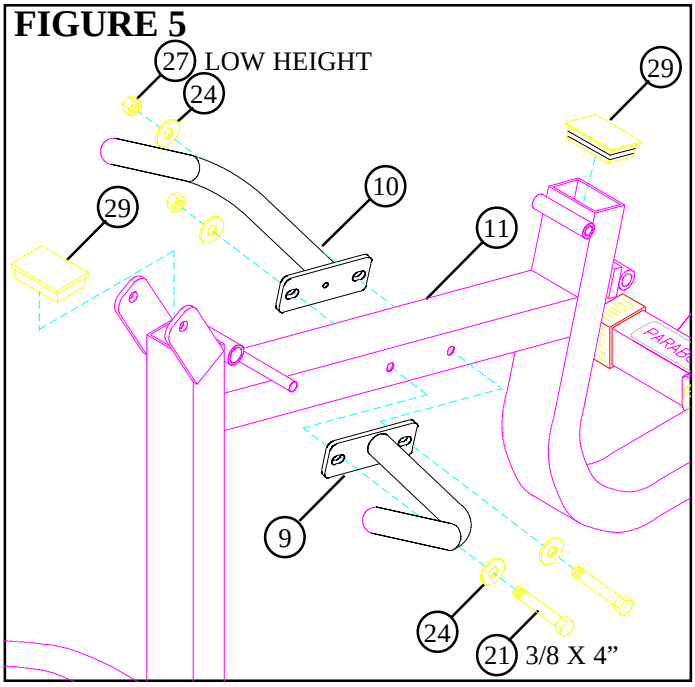


FIGURE 4

STEP 6: Securely assemble RIGHT (9) & LEFT (10) LEG EXT HANDLES to LEG FRAME (11) using two 3/8 X 4" BOLTS (21), four 3/8" FLAT WASHERS (24) , and two 3/8" **LOW HEIGHT** NYLOCK NUTS (27). See FIGURE 5.

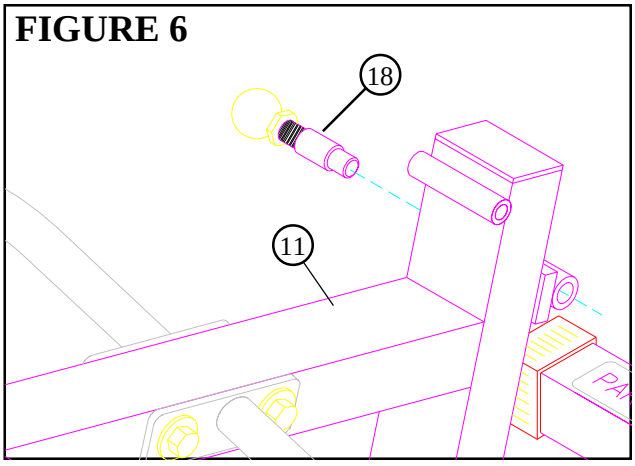
STEP 7: Insert two 3 X 2" END CAPS (29) into the leg frame as shown in FIGURE 5.

FIGURE 5



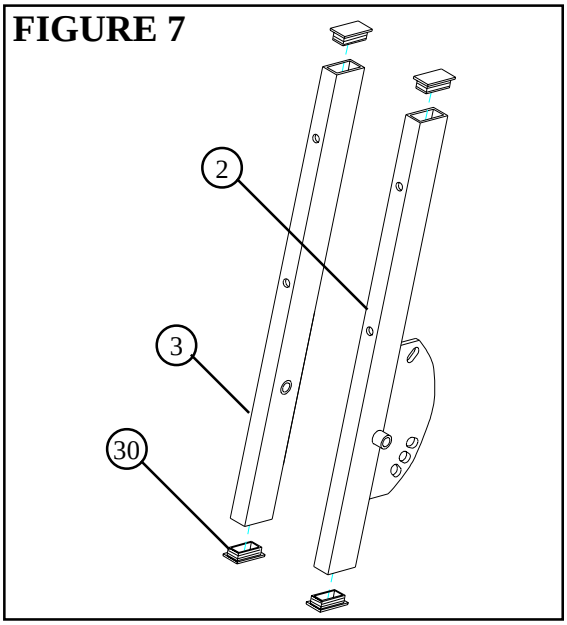
STEP 8: Securely assemble one 1/2" SPRING PIN ASSEMBLY (18) into the spring pin barrel on the LEG FRAME (11) as shown in FIGURE 6.

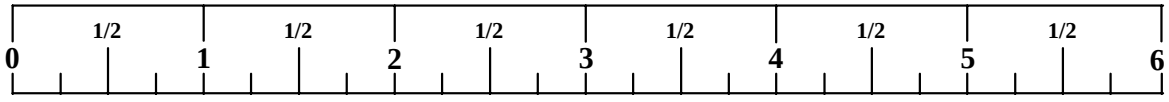
FIGURE 6



STEP 9: Insert four 2 X 1" END CAPS (30) into the ends of the BACK PAD ADJUST TUBE (2) & BACK PAD SUPPORT TUBE (3). See FIGURE 7.

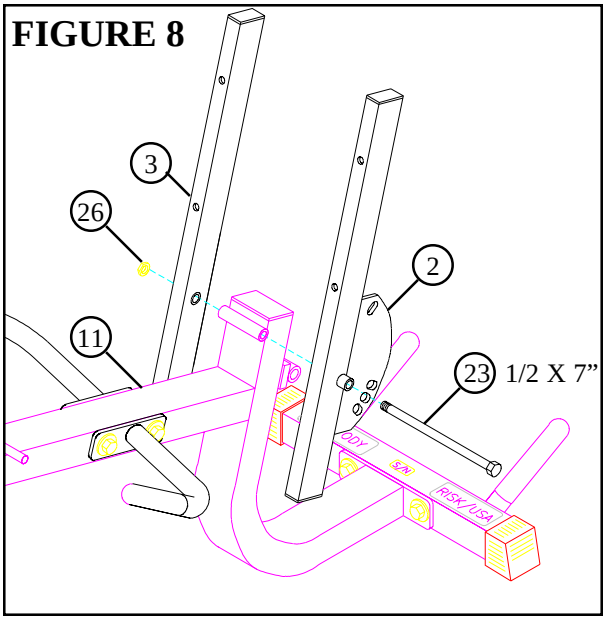
FIGURE 7





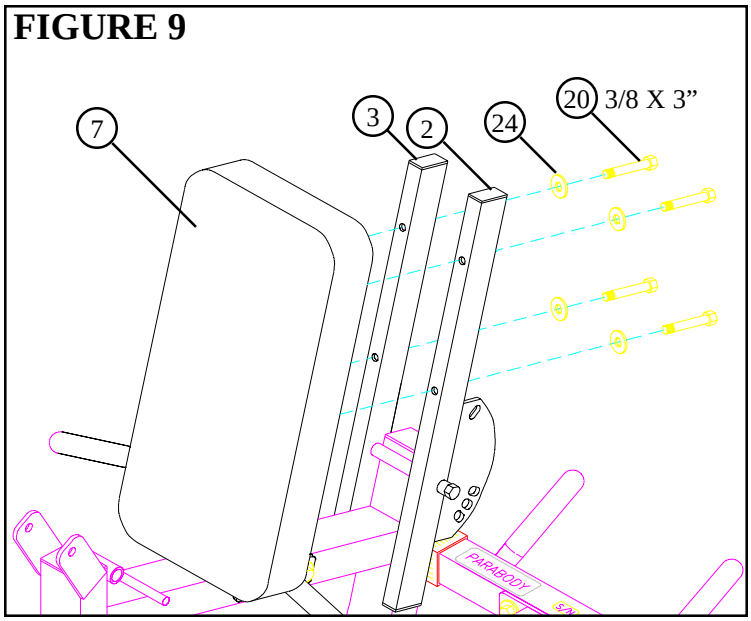
STEP 10: Securely assemble BACK PAD ADJUST TUBE (2) & BACK PAD SUPPORT TUBE (3) to LEG FRAME (11) using one 1/2 X 7" BOLT (23) and one 1/2" **LOW HEIGHT** NYLOCK NUT (26). **(NOTE: SECURELY TIGHTEN BOLT THEN BACK NUT OFF 1/4 TURN TO ALLOW THE TWO PARTS TO ROTATE FREELY.)** See FIGURE 8.

FIGURE 8



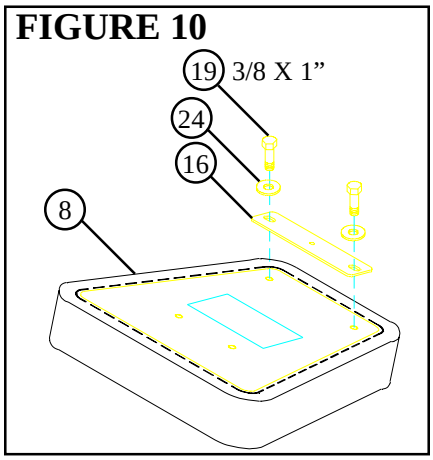
STEP 11: Securely attach the BACK PAD (7) to the BACK PAD TUBES (2 & 3) using four 3/8 X 3" BOLTS (20) and four 3/8" FLAT WASHERS (24). See FIGURE 9.

FIGURE 9



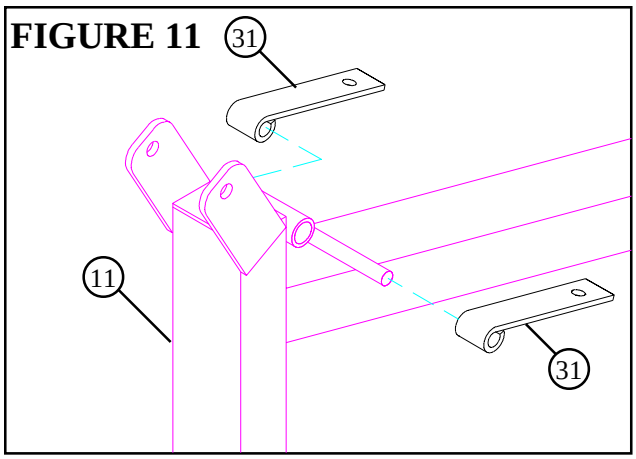
STEP 12: Securely fasten 2 X 8" PLATE (16) to bottom of SEAT PAD (8) using two 3/8 X 1" BOLTS (19) and two 3/8" FLAT WASHERS (24). See FIGURE 10.

FIGURE 10



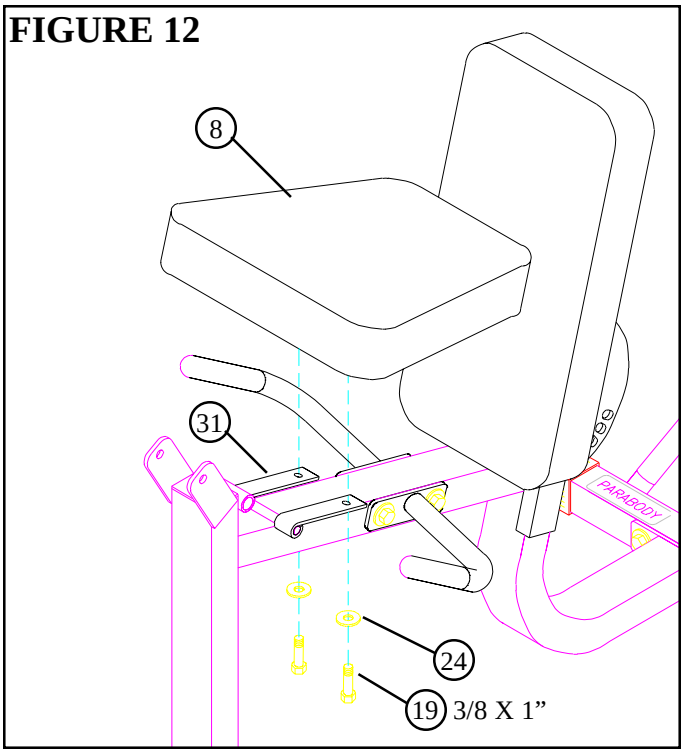
STEP 13: Slide two HINGE TABS (31) over posts on LEG FRAME (11). See FIGURE 11.

FIGURE 11



STEP 14: Securely attach the SEAT PAD (8) to the HINGE TABS (31) using two 3/8 X 1" BOLTS (19) and two 3/8" FLAT WASHERS (24). See FIGURE 12.

FIGURE 12



STEP 15: Attach two ROLLER PADS (15) to the LEG FRAME (11) using one 17" ROLLER PAD SHAFT (14) and two STARLOCK COLLARS (35). See FIGURE 13.

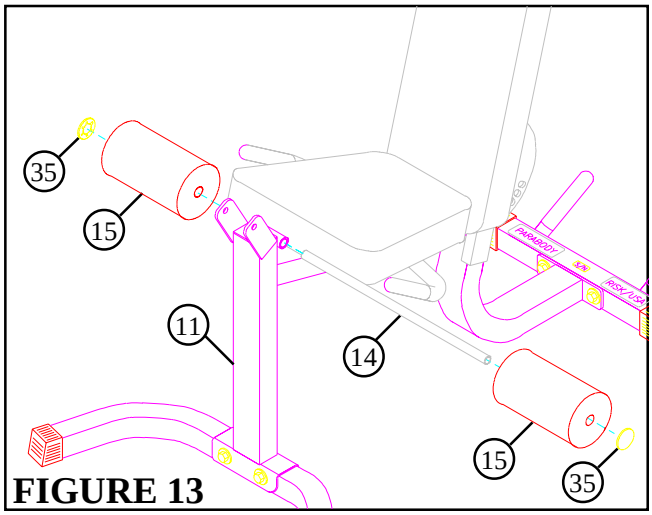
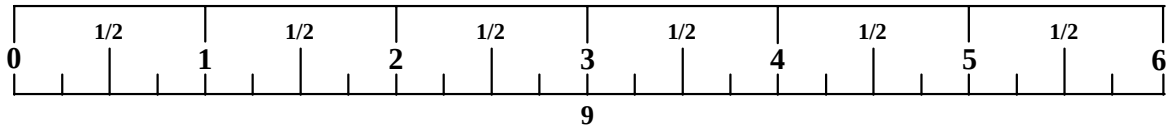


FIGURE 13



STEP 16: Attach eight 1-1/2” X 3/4” GLIDES (33) to 5” ROLLER PAD ADJUSTER (4) and attach eight 1-1/2” X 3/4” GLIDES (33) to 13-1/2” ROLLER PAD ADJUSTER (5) as shown in FIGURE 14.

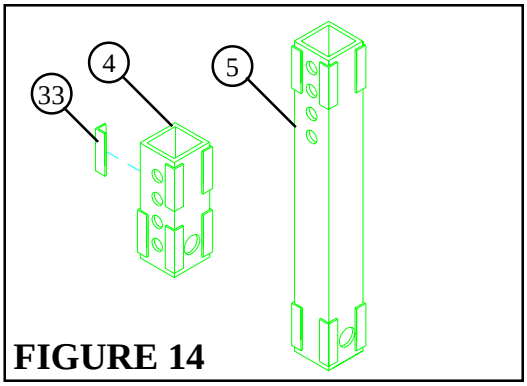


FIGURE 14

STEP 17: Securely assemble two 3/8” SPRING PIN ASSEMBLIES (17) into the spring pin barrels on the LEG CURL/EXTENSION (6) as shown in FIGURE 15.

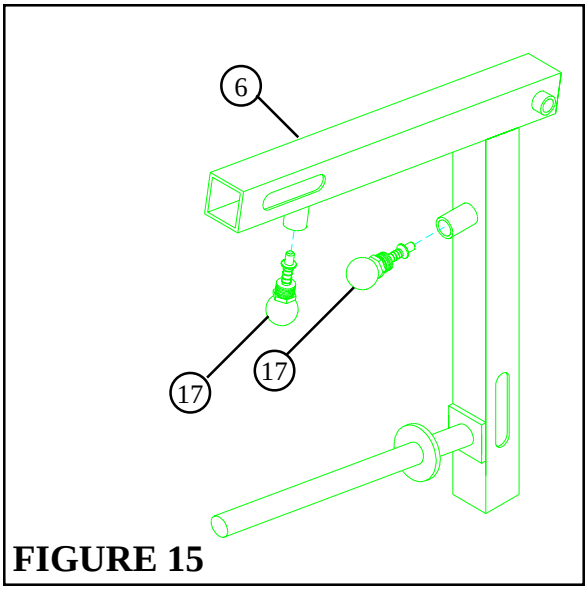


FIGURE 15

STEP 18: Insert 5” & 13-1/2” ROLLER PAD ADJUSTERS (4 & 5) in the ends of the LEG CURL/EXTENSION (6). Pull back on SPRING PINS until ROLLER PAD ADJUSTERS (4 & 5) lock in place. See FIGURE 16.

STEP 19: Insert three 2” SQUARE END CAPS (28) into the ends of the LEG CURL/EXTENSION (6). See FIGURE 16.

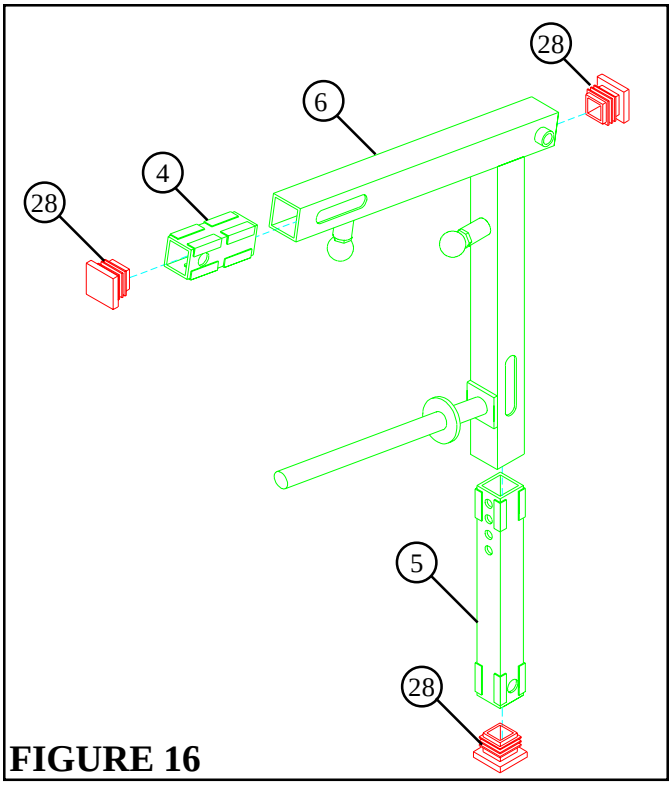


FIGURE 16

STEP 20: Insert two 1/2” FLANGE BEARINGS (34) into the LEG CURL/EXTENSION (6). See FIGURE 17.

STEP 21: Securely assemble LEG CURL/EXTENSION (6) to LEG FRAME (11) using one 1/2 X 4” BOLT (22) and one 1/2” **LOW HEIGHT** NYLOCK NUT (26). **(NOTE: SECURELY TIGHTEN BOLT THEN BACK NUT OFF 1/4 TURN TO ALLOW THE PART TO ROTATE FREELY.)** See FIGURE 17

STEP 22: Attach one 3/4” SQUARE RUBBER BUMPER (32) between the contact point of the LEG CURL/EXTENSION (6) and the LEG FRAME (11).See FIGURE 17.

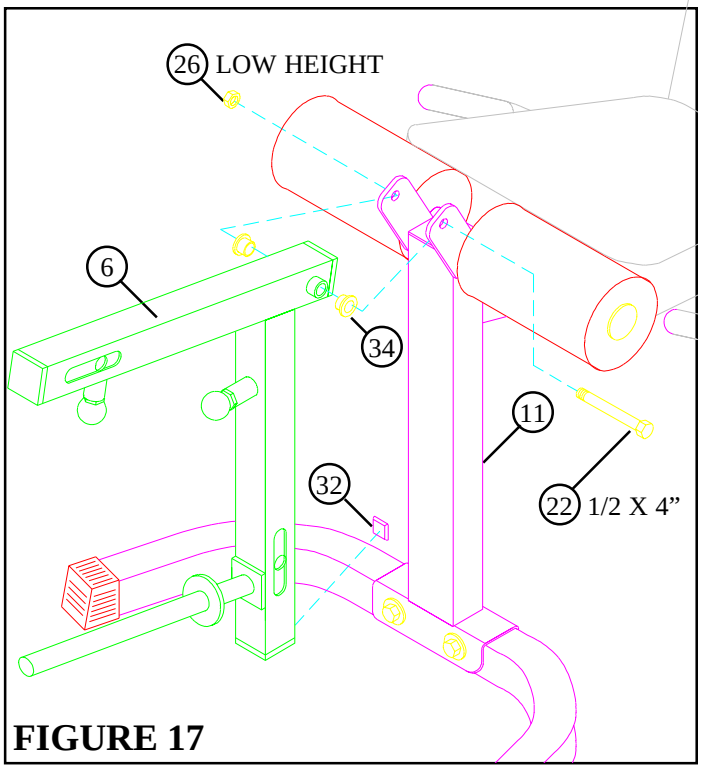


FIGURE 17

STEP 23: Attach four ROLLER PADS (15) to the LEG CURL/EXTENSION (6) using two 16” ROLLER PAD SHAFTS (13) and four STARLOCK COLLARS (35). See FIGURE 18.

THIS CONCLUDES THE ASSEMBLY OF THE PARABODY 829 LEG CURL/EXTENSION

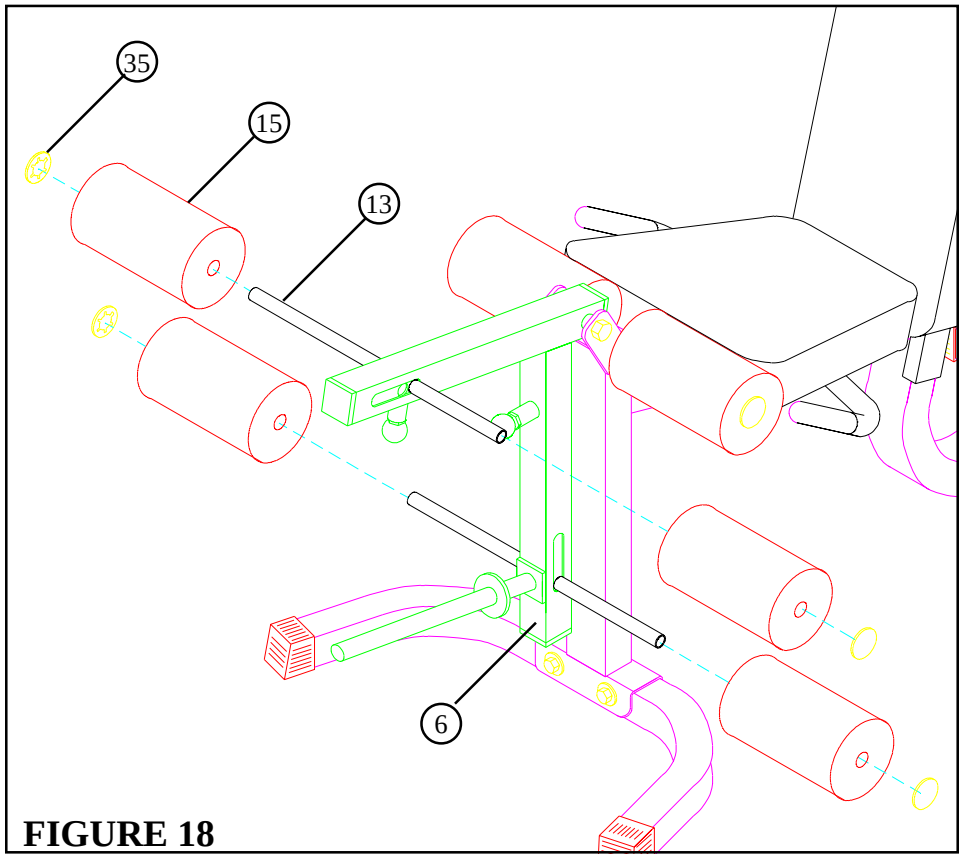
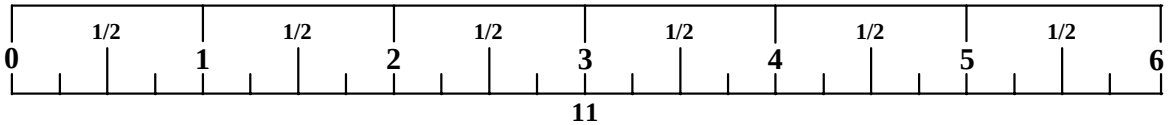


FIGURE 18



MAINTENANCE

Please note:

* We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your ParaBody customer service representative at (800) 328-9714.

* Inspect equipment daily. Tighten all loose connections are replace worn parts immediately. Failure to do so may result in serious injury

*** PLEASE RECORD THE INFORMATION REQUESTED BELOW. IN THE EVENT YOU MAY NEED SERVICE YOU WILL BE ASKED FOR THIS INFORMATION. REMEMBER TO FILL OUT YOUR WARRANTY REGISTRATION CARD AND MAIL BACK.**

MODEL #_____

SERIAL #_____

DATE OF PURCHASE: _____

DEALERS NAME: _____

DEALERS PHONE #_____

Thank you for purchasing the ParaBody 829 LEG CURL/EXTENSION.

LIMITED WARRANTY

ParaBody extends the following LIMITED WARRANTY to the original owner of the ParaBody products. The Warranty terms apply to IN HOME USE ONLY.

1. LIMITED WARRANTY ON FRAME AND WELDS. If the frame of the ParaBody product or a weld should crack or break, it will be repaired or replaced by ParaBody. Terms: Lifetime – for so long as the Customer owns the ParaBody product.

2. LIMITED WARRANTY ON PARTS. If the following parts are defective in material or workmanship, ParaBody will supply replacement parts: all bolts, nuts, washers, bearings, bushings, pulleys, thumbscrews, collars, cable retaining clips, adjustable pre-stretch slides, roller pad shafts, allen head bolts, weight selector pin, weight stack shaft, set screws, protector caps, adjustment chain, cotter pin, plunger, spring and knob. Terms: Lifetime – for so long as the Customer owns the ParaBody product.

3. LIMITED WARRANTY ON CABLES AND UPHOLSTERY. If the coated cables or upholstery are defective in material or workmanship, ParaBody will repair or replace them, at its option. Terms: Three (3) years.

4. CONDITIONS AND EXCEPTIONS. Any product misuse, abuse or alteration, any attempt to repair by a person other than an authorized ParaBody Service Center, any improper assembly, accident, or any other condition resulting from occurrences beyond the control of ParaBody will void this Limited Warranty.

5. REPLACEMENT AND REPAIR EXPENSES. ParaBody will provide only replacement parts or repair under this warranty. The Owner is responsible for all other costs. Such costs may include, but are not limited to: a. labor charges for service, removal, repair or reinstallation of the ParaBody product or any component part; b. shipping, delivery, handling and administrative charges for returning parts to ParaBody; and c. all necessary or incidental costs related to installation of the replacement parts.

6. SHIPPING. If shipping by the Owners is deemed necessary (in sole discretion of ParaBody), parts should be shipped in their original carton or equivalent packaging, fully insured with shipping charges prepaid. ParaBody will not assume any responsibility for any loss or damage incurred in shipping.

7. CLAIM PROCEDURES. If service on your ParaBody product is required during the warranty period, please contact our Customer Service Department at 1-800-328-9714 for instructions regarding returning or replacing parts. Please have available the following information: (i) the dealer's name; (ii) the date of purchase; (iii) the serial # (s) of your product (the serial number location is called out on the final assembly drawing included with your assembly instruction); (iv) a description of the nature of the problem.

8. OWNER'S RIGHT. This Limited Warranty gives you specific legal rights. You may also have other rights, which vary depending on local law.

9. LIMITATION OF IMPLIED WARRANTIES. All implied warranties, except to the extent prohibited by applicable law, shall have no greater duration than the warranty period set forth above. There are no warranties which extend beyond the description in this Limited Warranty. Because local laws do not allow limitations on how long an implied warranty lasts, the above limitations may not apply to you.

10. DISCLAIMER. No other express warranty has been made or will be made on behalf of ParaBody with respect to any ParaBody product or the operation, repair or replacement of any ParaBody product. ParaBody shall not be responsible for injury, loss of use of the ParaBody product, inconvenience, loss or damage to personal property, whether direct or indirect, and incidental or consequential damages, so the above limitation or exclusion may not apply to you.

NOTES:

LIFE FITNESS

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